

12. ALCOHOL AND DRUG RELATED PROBLEMS

General advice and information on drugs and alcohol, and access to treatment services can be gained through a process called Triage. Triage assessments are intended to: work out what help you need; assess risk; see how urgently you need help and refer you to the right service. Appointments are given within 10 working days. Contact: the Drug Intervention Programme on Tel: 01243 382932

Al-Anon Family Groups

Al-Anon offers understanding and support for families and friends of problem drinkers, whether the alcoholic is still drinking or not. ALATEEN, part of Al-Anon, is for young people aged 12-17 years who have been affected by someone else's drinking. For details of meetings throughout the UK, contact the confidential Helpline on Tel: 020 7403 0888 (open 10am-10pm every day)

Website: www.al-anonuk.org.uk Email: enquiries@al-anonuk.org.uk

Alcoholics Anonymous

24-hour support, information and advice for anyone affected by an addiction to alcohol. Can provide details of local meetings. Tel: 01273 203343

National Helpline: 08457 697555 Website: www.alcoholics-anonymous.org.uk

Clockwalk Project

Provides a range of treatment and support services for people with drug and alcohol issues living in the Bognor and Chichester areas. There is a structured day programme (five mornings a week) as well as an open access service (four afternoons a week and Saturdays 10am-12noon) providing a needle exchange and outreach within a safe and supportive environment. Clockwalk Project, Clockwalk, 7-11 High Street, Bognor Regis, PO21 1SG. Tel: 01243 870005

Website: www.cri.org.uk Email: clockworkproject@crinet.co.uk

Families and Friends Project

Part of the West Sussex Drug & Alcohol Action Team, this project provides information on drugs and alcohol to friends and relatives, advice on what to do to help and where to go for further help, contact with others experiencing a similar situation, meetings and a telephone helpline. Contact: Jane Brown on Tel: 01243 382940. Helpline: 0800 805 4450 (10am-10pm)

Website: www.westsussexdaat.co.uk

Families Anonymous

Offers support through a helpline and self-help groups to families and friends of those with a drug or drug-related behaviour problem.

Tel: 0845 1200 660 Website: www.famanon.org.uk

FRANK (formerly National Drugs Helpline)

A free, 24-hour confidential helpline for anyone concerned about drug or solvent misuse. Provides advice and information for drug misusers, their families, friends and carers. Tel: 0800 776600 Freecall text: 0800 917 8765

Website: www.talktofrank.com Email: frank@talktofrank.com

West Sussex Young Persons Substance Misuse Service

Treatment and support to young people aged 10-19 years with serious drug and alcohol problems, providing confidential individual support and counselling. Provides advice for parents/ carers. Tel: 01903 230600

Email: wsypsms@crinet.co.uk